

I can practice proper foot patterns and form and maintain balance while hopping, galloping, running, sliding, skipping, and walking.

I can practice correct technique while jumping in place, forward and backward, and side to side.

I can demonstrate visual tracking and tracing, simple balancing, cross lateralization, and sequencing of two skills.

K b.1.C

I can spin and roll
at different
levels, speeds, and
positions.

I can maintain balance
while bearing weight
using different bases
of support.

I can practice bending,
stretching, twisting,
and curling while
maintaining balance.

I can self-toss an
object and throw
underhand with
opposite foot forward.

K b.3.A

I can catch a self-dropped ball before it bounces twice and catch a self-tossed object before it hits the ground.

K b.3.B

I can practice
dribbling a ball
with one hand.

K b.3.C

I can tap a ball
using the inside
of the foot.

K b.3.D

I can kick a
stationary ball
from a stationary
position.

I can volley a
lightweight
object to myself.

I can strike a
lightweight object using
my hand or short-
handled implement.

K b.3.G

I can jump at
least once with a
self-turned rope.

K b.3.H

I can demonstrate
swinging a long rope
back and forth with a
partner.

K b.3.I

I can differentiate
between personal and
general space while
moving to simple rhythms
and maintaining balance.

K b.4.A

I can demonstrate a variety of pathways, shapes, and levels while maintaining balance.

I can demonstrate clear contrast when moving in different speeds and directions while maintaining balance.

K

I can demonstrate
competency in
rhythmic activities
and combinations.

I can demonstrate the skills of chasing, fleeing, and dodging to avoid or catch others during a variety of games while maintaining appropriate space and speed.

K b.6.A

I can practice the correct techniques for motor development skills following teacher direction.

I can demonstrate safe practices by following rules, procedures, and directions during class and activities.

I can demonstrate
competency in
outdoor and
recreational pursuits.

I can discuss the
immediate effect of
physical activity on
the heart and lungs.

K b.8.A

I can describe
the importance of
daily active play.

I can participate in
exercises that
promote health-
related fitness.

I can describe
the importance
of goal setting.

K b.9.A

I can identify how to measure improvement in physical skills such as counting the number of times a student can hop while maintaining balance.

I can recognize that eating a variety of foods produces energy for physical activity.

I can identify the
best source of
hydration during
physical activity.

I can identify
proper clothing and
footwear for
physical activity.

b.11.A

I can identify safety precautions, including pedestrian, water, sun, and cycling safety, with teacher guidance.

I can give examples
of consequences
resulting from
personal actions.

I can demonstrate
respect for differences
and similarities in
abilities of myself and
others.

I can identify
personal impulses
and emotions with
teacher guidance.

K b.12.C

I can demonstrate
respect and cooperation
through words and
actions with teacher
guidance.

I can communicate
feelings and thoughts
appropriately with
teacher guidance.

I can persevere
while addressing
challenges.

I can accept and
provide
constructive
feedback.

I can participate in moderate to vigorous physical activity on a regular basis.

I can identify physical activity for personal enjoyment with teacher guidance.